

# Classic Beef Chateaubriand

Looking for a classic beef recipe to impress your guests? Serve a delicious Tenderloin Roast with the delicate flavors of white wine, mushrooms, and shallots.



## INGREDIENTS

- 1 beef Tenderloin Roast, Center Cut (2 to 3 pounds)
- 4 tablespoons butter, divided
- 1/2 cup shallots
- 1 pound sliced mushrooms
- 1-1/2 tablespoon minced garlic
- 1-1/2 cup dry white wine
- 2-1/4 cups reduced-sodium beef broth
- 1-1/2 teaspoons dried tarragon leaves

55 Min                      10                      42 Cal                      26g  
 Servings                      Protein

## COOKING

1. Preheat oven to 425°F. Season beef roast with salt and pepper, as desired. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35 to 45 minutes for medium rare, 45 to 50 minutes for medium doneness.
2. Melt 2 tablespoons butter in skillet. Add shallots; cook 2 minutes until golden brown. Add mushrooms and garlic; cook 3 to 4 minutes until mushrooms are tender. Stir in wine; simmer 7 to 8 minutes. Add broth; bring to a boil. Simmer 15 to 20 minutes until liquid is reduced by half. Stir in remaining 2 tablespoons butter until melted. Stir in tarragon leaves. Season with salt and pepper, as desired.
3. Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Carve roast into slices, season with salt, as desired. Spoon sauce over beef.

## NUTRITION

| Serv Size | Calories | Total Fat | Cholest | Sodium | Total Carb | Protein |   |   |
|-----------|----------|-----------|---------|--------|------------|---------|---|---|
| 10        |          | 12g       | 84mg    |        | 4g         | 26g     | 1 | 0 |

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

